





HOW TO INJECT INSULIN WITH A PEN

These instructions are a *general* guide to using an insulin pen. Read the instructions for your specific insulin pen to make sure you use your pen properly and safely.

- 1. Gather your supplies with clean hands:** Insulin pen, pen needle, and alcohol wipe.
- 2. Look at your insulin pen.** Check expiration date on the side of the pen, if expired, do not use. If you see clumps in the insulin, do not use it. If your insulin is cloudy, gently roll the pen between your hands until it all looks the same. Clear insulin does not need to be mixed.
- 3. Prepare the insulin pen.** Remove pen cap with clean hands. Wipe the rubber end of the pen with an alcohol wipe. 
- 4. Prepare the needle.** Take off the paper tab. Attach the needle to the insulin pen and make sure it is secure. Remove both needle caps and save the outer cap.
- 5. Prime the pen.** Hold the pen with the needle pointing up. Tap the pen to remove air bubbles. Turn the dial to 2 units, press the button and check that insulin comes out of the needle.
- 6. Dial your dose.** Make sure the window shows “0” before dialing the dose. 
- 7. Choose your injection site.** Your stomach is the best site, but you can use your buttocks, thighs, or back of upper arms if someone else is injecting your insulin. It is important to stay in the same general area but to ROTATE where you inject the insulin within that area.
- 8. Inject your dose.** Stick the needle straight into the skin. Press the button with your thumb and hold for 10 seconds to inject the full dose. Release the button and remove the needle from your skin. 
- 9. Take the needle off of the pen.** Put the outer needle cap back on the needle and twist the needle off of the insulin pen.
- 10. Throw the needle away** in a sharps container right after using. 
- 11. Store your insulin pen.** Put the cap back on the insulin pen and store as directed. Once the pen is open, label it with the expiration date according to the instructions for your specific insulin pen.

IMPORTANT: Do NOT reuse needles. Do NOT share your insulin pen.